



One Step Ahead

News and Notes

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September 2011

LONG ISLAND RACE WALKING

By Dave McGovern – Race Walk Chair

It has been a busy summer for Long Island race walkers. **Jennifer Halloran** of Bay Shore won the girls High School National 1-Mile walk title in 7:36.05 with **Annica Penn** of Westhampton Beach 5th in 7:54.83.



Maria Michta – all smiles . . .

In open competition, Walk-USA's **Maria Michta** won her 2nd consecutive US National 20K Championship title in Eugene, OR in 1:34:51, a time fast enough to put her on Team USA for the IAAF World Championships in Daegu, Korea. Long Island native, **Tim Seaman**, was 4th in the men's 20k (1:31:28), while Walk-USA's **Molly Josephs** placed 5th in the Junior 10,000m in 55:44.

Elton Richardson (W70) led World Class Racewalking's competitors at the World Masters Championships in Sacramento with two individual golds and a silver, as well as a team gold medal in the 20k. Elton set single-age world bests in the 5,000m (31:53.61), 10k (1:04:04) and 20k (2:15:42) race walks. Additionally, **Chris Schmid** (M60) placed 4th in both the 5,000m (25:47) and 10k (52:32); **Vicki Pritchard** (W50) placed 7th in the 5,000m (30:17), 8th in the 10k (1:02:03) and 5th in the 20k (2:14:51); **Diane Brandt** (W60) was 7th in the 10k (1:06:38) and 5th in the 20k (2:15:53); **Steve Pecinovsky** placed 8th in the 5,000m (27:16), 10th in the 10k (57:37) and 7th in the 20k (1:58:35); and **Lauri Berger** (W45) placed 10th in the 5,000m in 34:12. *Congratulations to Long Island's champion race walkers!*

LEVEL 1 COACHING SCHOOL A GREAT SUCCESS

Many thanks to USATF-LI Coaching Chairman, **Fred Benlein**, for hosting the most successful Level 1 Coaching Clinic that our association has ever had. More than 60 participants from the Long island area and beyond spent three long days this past July at the New York Institute of Technology where they were given a foundation which emphasized fundamentals, rules, safety/risk management and instructional techniques.

A superb crew of technicians led the sessions and included Larry Judge who covered throwing events, Neil Fitzgerald,

who specializes in sprints, hurdles and endurance, Trey Jackson, jumping event specialist and Fred Benlein, endurance and sprints/hurdles coach.



Clinicians, Judge, Benlein, Fitzgerald & Jackson /Nassau County Coaches

USATF-LI ANNUAL MEETING
Friday, September 23, 2011
New York Institute of Technology
Student Activities Center
Northern Boulevard
Old Westbury
7:00 pm

All Standing Sports Committees will be electing Chairs and Vice Chairs for a two year term
Check the website for more details

CROSS COUNTRY TRY IT – YOU'LL LIKE IT

What better way to spend a crisp fall day than on the trails of Nassau and Suffolk Counties. For those who love to run but have never experienced the autumn colors on Long Island's Greenbelt Trail and others like it, you are truly missing something.

USATF-LI, with the support of Nassau County Executive Ed Mangano, is once again sponsoring a Cross Country Series. There will be prizes at the end of the series for all age group winners, male and female, open and masters and cash awards to the overall 1st, 2nd and 3rd place winners in the male and female, open and masters divisions. Visit our website long-island.usatf.org for details. See you on the trails!

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| 8/21 | Dirty Sock 10K Run Babylon | |
| 9/24 | Hofstra Invitational 5K | Bethpage State Park |
| 10/1 | Nassau Officials 5K | Old Bethpage Restoration |
| 10/30 | USATF-LI 8K Championship | Eisenhower Park |
| 11/5 | Northport Veterans Day 4K | Northport VA Hospital |
| 11/27 | Rob's Run 5K | Stillwell Woods |